

Arizona Department of Health Services
Family Planning Programs funds clinics in
locations across the state:

- o Apache County Health Department
- o Cochise County Health Department
- o Coconino County Department of Health Services
- o Graham County Health Department
- o Greenlee County Health Department
- o La Paz County Health Department
- o Maricopa Integrated Health System
- o Mohave County Health Department
- o Navajo County Public Health Services
- o Yavapai County Community Health Services
- o Yuma County Department of Public Health



The Department of Health and Human Services (DHHS), Health Resources and Services Administration, Maternal and Child Health Bureau has provided funding for this program under the Title V Maternal and Child Health Services Block Grant through the Arizona Department of Health Services (ADHS).

**For more information
or to locate a clinic near you
call 1-800-833-4642**



My Options. My Choices. My Life.

A Guide to Family Planning



**Arizona Department of Health
Services Family Planning Program**

Mission:

The mission of the ADHS Family Planning Program is:

To provide preventive health services which enhance maternal and infant health and the emotional and social health of the individual and the family;

To enable people to make and implement personal decisions regarding the quantity and spacing of their children and;

To make reproductive health/family planning services available and accessible to all who seek such assistance.



What is Family Planning?

Family Planning helps by...

- ♦ Giving you control over if and when you become pregnant.
- ♦ Helping you have children when you are ready.
- ♦ If you do not want to become pregnant, family planning can help you make good decisions to prevent pregnancy.

Who is eligible for the ADHS Family Planning Program?

You may be eligible if:

- ♦ You are of child bearing age
- ♦ You meet the income guidelines
- ♦ You are currently not pregnant

What are the services can I get through the Family Planning Program?

Services include:

- ♦ Physical Exams
- ♦ Birth Control
- ♦ Counseling
- ♦ Education
- ♦ Testing for Sexually Transmitted Diseases

Important Facts to remember:

- ♦ You are in charge of your body and making responsible choices about reproductive health.
- ♦ Research indicates that women who can plan and space their pregnancies are likely to have healthier babies.
- ♦ Family Planning provides individuals with information and means to exercise personal choice in determining the number and spacing of their children.
- ♦ One of the most important times for preconception care is when a woman isn't even pregnant.

What is Preconception Care?

Preconception health is a woman's health before she becomes pregnant. It focuses on the conditions and risk factors that could affect a woman and her child if she were to get pregnant.

If you are thinking about becoming pregnant or you just want to be healthier, here are some tips:

1. **Good nutrition is important for a healthy body. Try to eat a variety of healthy foods, especially fresh fruits and vegetables.**
2. **Get enough folic acid, it helps prevent birth defects.**
3. **Be active. Try to get at least 30 minutes of exercise a day.**
4. **Avoid substances that can harm your body. Tobacco, alcohol and other drugs can have harmful effects on your body and your future child.**